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1. A method for helping a subject to stop smoking, said method comprising:
- 5 (A) providing a non-conditioning educational program to educate the conscious mind to discourage smoking behavior;
- (B) providing a hypnosis program to train the subconscious mind to discourage smoking behavior; and
- 10 (C) providing a substance selected from the group consisting of : a stop-smoking substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco; a weight control substance in an amount effective to control body weight; and a dietary supplement substance in an amount effective to supplement the diet.
2. The method of claim 1, wherein said substance comprises a stop-smoking
- 15 substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco.
3. The method of claim 1, wherein said substance comprises a weight control substance in an amount effective to control body weight.
4. The method of claim 2, wherein said stop-smoking substance comprises
- 20 bupropion hydrochloride.
5. The method of claim 1, wherein said substance comprises a dietary supplement substance in an amount effective to supplement the diet.
6. The method of claim 1, wherein said substance comprises gotu kola.
7. The method of claim 1, wherein said substance comprises kava kava.
- 25 8. The method of claim 1, wherein said substance comprises lobelia.
9. The method of claim 1, wherein said substance comprises an anxiolytic.
10. The method of claim 9, wherein said anxiolytic is a drug.
11. The method of claim 9, wherein said anxiolytic is a dietary supplement.

12. The method of claim 1, wherein said substance is a nicotine receptor antagonist.
13. The method of claim 12, wherein said nicotine receptor antagonist is a drug.
14. The method of claim 12, wherein said nicotine receptor antagonist is a dietary supplement.
- 5 15. The method of claim 14, wherein said dietary supplement is lobelia.
16. A system for helping a subject to stop smoking, said method comprising:
- (A) a non-conditioning educational program to educate the conscious mind to discourage smoking behavior;
- (B) a hypnosis program to train the subconscious mind to discourage smoking behavior; and
- 10 (C) a substance selected from the group consisting of : a stop-smoking substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco; a weight control substance in an amount effective to control body weight; and a dietary supplement substance in an amount effective to supplement the diet.
- 15 17. The method of claim 16, wherein said substance comprises a stop-smoking substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco.
18. The method of claim 16, wherein said substance comprises a weight control substance in an amount effective to control body weight.
- 20 19. The method of claim 17, wherein said stop-smoking substance comprises bupropion hydrochloride.
20. The method of claim 16, wherein said substance comprises a dietary supplement substance in an amount effective to supplement the diet.
- 25 21. The method of claim 16, wherein said substance comprises gotu kola.
22. The method of claim 16, wherein said substance comprises kava kava.
23. The method of claim 16, wherein said substance comprises lobelia.
24. The method of claim 16, wherein said substance comprises an anxiolytic.

25. The method of claim 24, wherein said anxiolytic is a drug.
26. The method of claim 24, wherein said anxiolytic is a dietary supplement.
27. The method of claim 16, wherein said substance is a nicotine receptor antagonist.
28. The method of claim 27, wherein said nicotine receptor antagonist is a drug.
- 5 29. The method of claim 27, wherein said nicotine receptor antagonist is a dietary supplement.
30. The method of claim 29, wherein said dietary supplement is lobelia.
31. A stop smoking kit comprising:
- 10 (A) a non-conditioning educational program to educate the conscious mind to discourage smoking behavior;
- (B) a hypnosis program to train the subconscious mind to discourage smoking behavior; and
- 15 (C) a substance selected from the group consisting of : a stop-smoking substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco; a weight control substance in an amount effective to control body weight; and a dietary supplement substance in an amount effective to supplement the diet.
32. The method of claim 31, wherein said substance comprises a stop-smoking substance in an amount effective to aid in the reduction or cessation of a craving to smoke tobacco.
- 20 33. The method of claim 31, wherein said substance comprises a weight control substance in an amount effective to control body weight.
34. The method of claim 32, wherein said stop-smoking substance comprises bupropion hydrochloride.
- 25 35. The method of claim 31, wherein said substance comprises a dietary supplement in an amount effective to supplement the diet.
36. The method of claim 31, wherein said substance comprises gotu kola.
37. The method of claim 31, wherein said substance comprises kava kava.

38. The method of claim 31, wherein said substance comprises lobelia.
39. The method of claim 31, wherein said substance comprises an anxiolytic.
40. The method of claim 39, wherein said anxiolytic is a drug.
41. The method of claim 39, wherein said anxiolytic is a dietary supplement.
- 5 42. The method of claim 31, wherein said stop-smoking substance is a nicotine receptor antagonist.
43. The method of claim 42, wherein said nicotine receptor antagonist is a drug.
44. The method of claim 42, wherein said nicotine receptor antagonist is a dietary supplement.
- 10 45. The method of claim 44, wherein said dietary supplement is lobelia.
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